

Abstrakt

Title of bachelor's thesis:: Case study of physiotherapy treatment of a patient after subtrochanteric fracture of femur

Objective: The aim of this thesis is to elaborate theoretical and practical knowledge of the diagnosis and their application while processing the case study of a patient after subtrochanteric fracture.

Method: This bachelor thesis is divided into general part and special part. In general part the hip joint is described including anatomy, kinesiology. and also the causes and treatment of subtrochanteric fracture. Also described anatomy including articular capsule, ligaments and muscles.. I describe the general bone structure as well as its growth and remodeling. The problematics of subtrochanteric fracture are compiled and listed are methods of osteosynthesis that are used and rehabilitation. The special part contains the case study of a patient after subtrochanteric fracture of the femur and after osteosynthesis with proximal femoral nail, including input and output kinesiology analysis, the goals of the therapy, a short-term and a long-term therapy plan, therapy process and the evaluation of the effects of the therapy. The case study was processed during my internship in the Military University Hospital in Prague at the Department of Physical Medicine and Rehabilitation in the period from 9th of January to 3rd of February 2017.

Results: We managed to satisfy the aims fixed in the short-term therapy plan. The patient's range of motion of the operated left hip joint mobility was magnified., weak muscles were strengthened, soft tissue in the left leg were relaxed, hypertonic muscles were relaxed, short muscles were stretched, there was an improvement in walking stereotype, as well as the stability of the chest while standing and walking.

Key words: hip joint, subtrochanteric fracture, osteosynthesis, physiotherapy, case study